

## Abstract

5 A method and system for tracking a menstrual cycle of at least one female person using a suitable microprocessor based device. The method includes: recording and saving data associated with the menstrual cycle; recording and saving information on flow associated with the menstrual cycle; recording and saving information on moods associated with the person; and, recording and saving notes associated with the person or menstrual cycle. The menstrual cycle is automatically monitored and projections are made based upon at least a portion of the recorded and stored data associated the menstrual cycle.